



Checklist for Mental Health Awareness Guides

1. Welcome

Would a newcomer feel welcomed – someone chats to them but not too much if that would be difficult? Do single people feel welcome?

2. Church building and layout

What impact does this have on someone who is unwell? Is there a place to be quiet? Is it easy to slip out?

3. Overall service

What would it feel like to attend if say anxious, depressed, or seeking routine and structure? If someone can't cope how easy is it for them to attend part of the service?

4. Sermon and talks

Is mental health ever mentioned? Is there discussion elsewhere about mental health? Some still think that deliverance ministry is always needed- would some in your church think/say that? Is this challenged? What training is there? Are testimonies given about mental health issues? Do these include coping with long term problems?

5. Intercession

Are those with mental health problems prayed for? If not, why not? Who is embarrassed?

6. Worship

If someone is feeling depressed, what might make it easier for them to cope when the worship is lively?

7. Inclusion in chatting over tea and coffee

How friendly are people? Do people listen? Can you be yourself?

8. Encouragement to be involved in activities

If someone would like it, how easy would it be for them to get involved in church rotas and activities?

9. Availability of information on mental health

Signposting to other resources, who to contact in a crisis, faith and mental health.

10. Supportive contact

If someone has a mental health problem, do they get the same level of support (e.g. visits, phone calls , texts, cards, hospitality etc) as someone with physical health needs? Who contacts them if they miss the service?

11. Carer support

What support is there for carers?

12. Activities outside church

Is the Church doing anything and could it to help those with mental health problems and their carers in the local area?